West Nile Virus: Fight The Bite

Unfortunately, West Nile Virus (WNV) is here to stay and everyone is at risk. Protect yourself and your family from the threat of WNV by following these simple guidelines:

- Limit outdoor activity at dawn and dusk-this is when mosquitoes are most active. If you must be out at that time, wear long sleeves and pants and use a mosquito repellent.
- Use an EPA-registered insect repellent containing DEET, or DEET-free picaridin, or oil of lemon eucalyptus on all exposed skin before going outdoors.
- Drain standing water around your home weekly to reduce mosquito habitats-this includes flowerpots, buckets, wading pools, rain gutters, tires, toys, puddles and birdbaths.
- Keep shrubs, bushes and trees pruned-the added light and airflow deter mosquitoes from hiding there during the day.
- Replace outdoor lights with yellow lights. Yellow bulbs attract fewer insects than standard white light bulbs.
- Reduce all dense under-growth around your home and keep the lawn mowed short.

Contact Directory

Human Health-Related Concerns & Requests for Educational Materials
- BCPH Communicable Disease Control Program: 303-413-7500

Spraying Concerns & Mosquito Concerns
- BCPH Environmental Health Division: 303-441-1564

Requests to spray, reports of nuisance mosquitoes, or standing water within city limits:
- City of Boulder: 303-441-1915
- City of Louisville: 303-335-4735
- City of Longmont: 303-774-4691
- Town of Superior: 303-499-1723
- Town of Lyons: 303-823-6622
- City of Lafayette: 303-558-8730 (Colorado Mosquito Control)
- Town of Erie: 303-926-2887 or Ottertail Environmental 303-273-2878

Requests to spray, reports of nuisance mosquitoes, or standing water outside city limits:
- Colorado Mosquito Control: 303-558-8730

For additional information on reducing your risk and effective repellents, see:
- Colorado Mosquito Control, Inc: www.comosquitocontrol.com
- Boulder County Public Health: www.bouldercounty.org/health/hpe/wnv/index.htm
- Centers for Disease Control and Prevention: www.cdc.gov/ncidod/dvbid/westnile/index.htm

To fight the bite, remember the 4 D's:

- Drain all standing water around your house weekly.
- Dusk & Dawn are when mosquitoes are most active, so limit outdoor activities at those times.
- DEET is an effective ingredient in insect repellants, or use DEET-free picaridin or oil of lemon eucalyptus.
- Dress in long sleeves and pants during dawn and dusk or in areas where there is a lot of mosquito activity.

Safety Committee:

- ACD/ESSL Denise Montzka x1868
- CISL/IMAGe Joan Fisher x1207
- F&A Matt Pinter x2522
- MMM/COMET Charlie Knight x8940
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- EOL/TIMES Brad Lindseth x8742
- E&O Karen Smith-Herman x2590
- HR Cyd Perrone x8710
- RAL Inger Gallo x8403
- SaSS Bob Wiley x8554
- CGD/ESSL Adam Phillips x1726
- F&A Kelly Box x8558
- RAF/EOl Bob Olson x1071
- SaSS Steve Sadler x8550
- SaSS Anna Vasilyeva x2409

Links and Emergency Numbers:

Safety and Security Hotline x1100
Security x1139
Track emergencies online @ https://wiki.ucar.edu/display/incident/Home
Emergency x911
Emergency @ RAF x9911

Comments, questions, suggestions may be directed to Bob Wiley @ x8554 or rwiley@ucar.edu